



WAXING ELOQUENT

ACTOR ALEX PETTYFER TALKS ABOUT HIS ROLE AS A MALE STRIPPER IN THE MOVIE MAGIC MIKE PAGE 6

FRIDAY'S DRAW

\$50 + **28**
MILLION MAXMILLIONS
estimated estimated



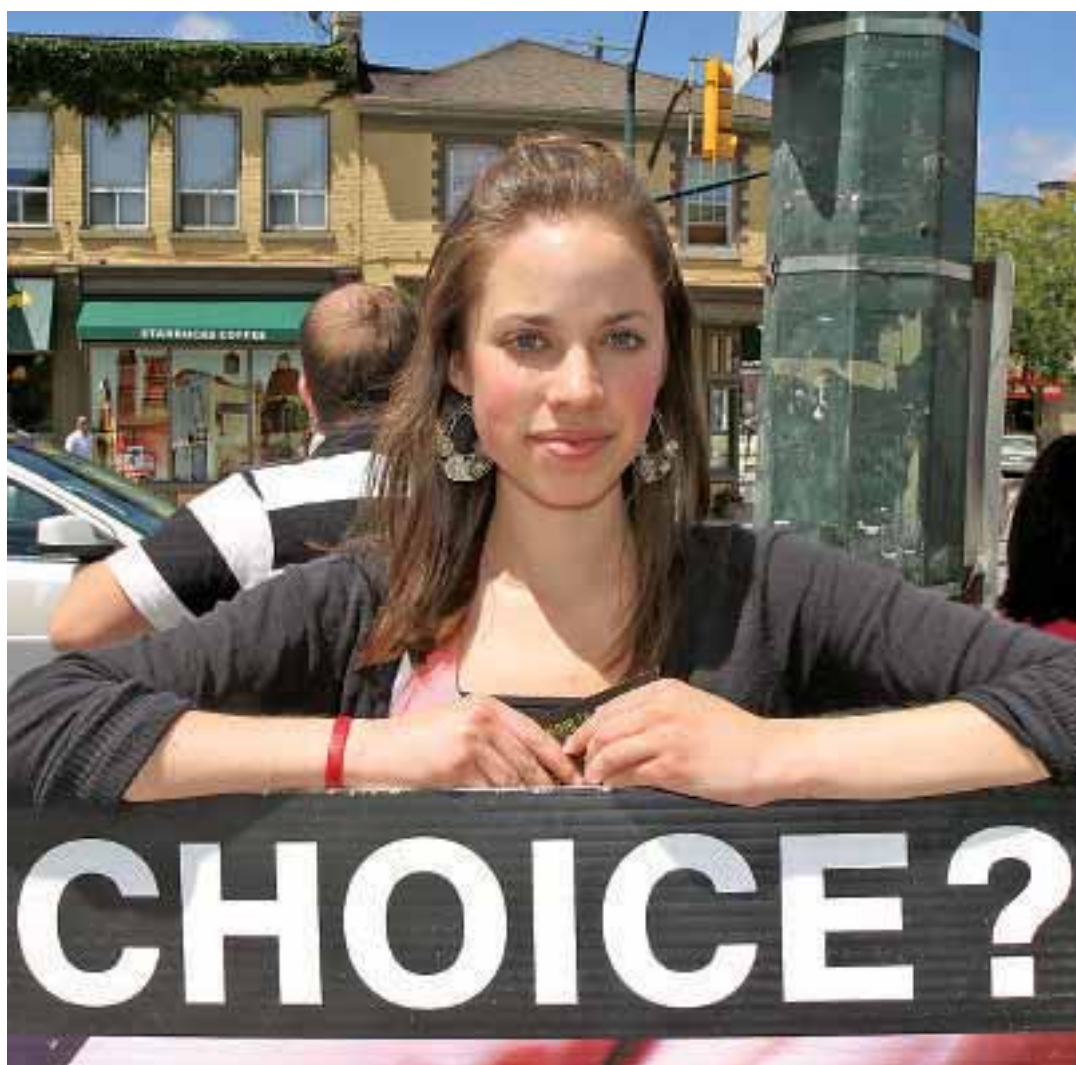
LONDON

metro®

Tuesday, June 26, 2012



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Pro-life caravan STOPS IN LONDON

Devorah Gilman, 21, of Ottawa, advocates for the pro-life agenda on Monday at Richmond Street and Central Avenue. The Canadian Centre for Bio-Ethical Reform's cross-country tour stopped in London, staging anti-abortion protests downtown during the day and making a presentation at the Youth for Christ Centre (254 Adelaide St. S.) in the evening. The demonstration brought pro-choice supporters onto the streets for counter-protests and prompted at least one call to police as tempers flared. MILA PETKOVIC/FOR METRO

Taxing matters

Getting to zero again?
Full council to discuss 2013 city budget strategy on Tuesday



JOHN MATISZ
john.matisz@metronews.ca

Here we go again.

At the strategic priorities and policy committee meeting on Monday, chatter about the City of London's 2013 preliminary budget got a little heated.

Chief financial officer Martin Hayward tabled three target scenarios for a tax increase — zero per cent, 2.0 per cent and 3.8 per cent, with cutbacks of \$25.8, \$16.4 and \$8.1 million respectively.

After about three hours of discussion, a decision on the matter was held over until Tuesday night's full city council meeting.

Two "starting point" motions — zero per cent and 2.5 per cent — were defeated before the postponement idea was finally brought forward.

The Forest City's ever-optimistic mayor, Joe Fontana, said council should aim high and begin at the tax-freeze mark.

Budget 2013

Where would you start the rollback?

- 0.0% tax hike equals \$25.8 million in cutbacks.
- 2.0% tax hike equals \$16.4 million in cutbacks.
- 3.8% tax hike equals \$8.1 million in cutbacks.

"C'mon, that's a little hard to take," he said in frustration after a colleague suggested starting at 3.8 per cent. "Let's not get bent out of shape here."

Coun. Nancy Branscombe took issue with Fontana's optimism, saying the city cannot eliminate such an enormous amount of money without putting public services and full-time jobs on the line.

"To keep pretending we're going to find the \$25 million out of the sky ... it's going to come back to haunt us," she said.

"It's going to be painful, but we can do it. I'm getting really tired of dancing around the edges," Branscombe added. "Every single councillor wants zero, every single taxpayer wants it. We can't keep pretending it won't be different, that there won't be some causalities."

Let there be light

Tourism London makes one last pitch to save the sound and light show at next year's World Figure Skating Championships PAGE 3

Get appy

ReThink London's new Internet application lets citizens visualize a better London from the comfort of their living rooms (or wherever)

PAGE 3



NEWS

On the web

Fickle Facebook

The folks at Facebook have done it again — annoying users by making changes without advising them. This time, all users' default email addresses have been changed or are about to be changed to an @facebook.com account, an account most people never use. Go to metronews.ca to read the full story and find out how you can fix the change.

On the web

Love thy neighbour? Obama doesn't, journal says

Is Barack Obama squandering Canada's love? The answer is a resounding yes, according to an essay in a leading U.S. foreign-policy journal, which says the U.S. has jilted Canada, leaving relations at "their lowest point in decades." Go to metronews.ca to read the full story.

Mobile news



Got a tumour? There's an app for that. Smartphone technology is now entering the operating room, allowing ovarian-cancer surgeons to use an application to store and track tumour information. Scan the code to find out more.

**Majors to support fight against abuse**

The London Majors and representatives from the London Abused Women's Centre are pictured Monday after announcing plans to "paint" Labatt Park purple next month. The Majors will don purple jerseys and purple bats during their 7:30 p.m. July 5 game against the Guelph Royals. Purple symbolizes strength, courage and respect and has been associated with ending violence and abuse against women. In support of the event, the city will light the park with purple LED lights. MILA PETKOVIC/FOR METRO

Final flicker of hope for light-show pitch

Last resort. Tourism London's push to have show on its last legs: GM



JOHN MATISZ
john.matisz@metronews.ca

What Tourism London's chief considers an essential element of the 2013 World Figure Skating Championships will reclaim the spotlight Tuesday at city hall.

Plans for a sound-and-light

show outside the John Labatt Centre will be tabled again at city council's finance and administrative services committee meeting. John Winston, Tourism London's general manager, is set to pitch a revamped proposal, one that requires \$150,000 less in city funding.

"It's our last hoorah," Winston said Monday, adding the much-discussed idea will be put to rest if rejected again.

Initially, Tourism London asked the city for \$600,000 — enough to cover 100 per cent of the price tag. Councillors

accepted the idea, then backed out when asked to OK a contract with the company that would produce the show.

Now, Winston is asking for \$450,000 from taxpayers with the rest covered by money from Tourism London — \$100,000 from a reserve fund and \$50,000 from its 2013 operating budget.

Some councillors are on board with the idea.

"We need to do this, and we need to do it right," said Coun. Paul Hubert, vice-chair of the finance committee.

Also on Tuesday at city hall

- **4 p.m.** — Investment and economic prosperity committee will talk about a proposal to rename the JLC as Budweiser Gardens.
- **5 p.m.** — Council meeting starts in chambers. Decisions expected on JLC name; spending \$360,183 to overhaul city website; extending outdoor concert curfew to 11:15 p.m.

On tour**Metric to play JLC**

Canadian indie rockers Metric will play the John Labatt Centre on Nov. 19.

The London stop is part of a cross-country tour starting Nov. 9 in Victoria, B.C., and ending Nov. 24 in Toronto. **METRO**

Parking gratis**Western Fair to offer freebie**

Officials at Western Fair District announced Monday on Twitter that parking will be free during this year's fair, Sept. 7 to 16. **METRO**

**Workshop in a box. Now you can 'Rethink London' from your armchair**

ReThink London is moving out of large meeting rooms and into more intimate spaces.

The city launched "workshop in a box" Monday, a downloadable Internet application.

"The app lays out questions and will allow people to do their own visioning at the convenience of their schedules and in their homes," ReThink organizer Heather McNeely said.

Thousands of people have already participated in ReThink London sessions at the city's convention centre.

Rights to sell booze**Rippers manager issues challenge**

London Rippers general manager David Martin wants to settle a Labatt Park liquor-licence dispute on the baseball diamond. Martin issued a statement Monday evening challenging the London Majors to a "three-game, winner-takes-all series."

The prize, Martin says, would be the right to sell booze at the park. "The loser would have to find a new ballpark to play at," the statement reads.

The Rippers can't sell alcohol at their games because the liquor licence for city-owned Labatt Park is in the London Majors' name.

METRO

Violations**'Disturbing' end to pool bylaw blitz**

Almost one in five backyard pools inspected by London bylaw officers are not up to code, officials say.

A two-week pool fence safety blitz began last week. According to city bylaws, any pool with at least 75 centimetres of water must have a locked fence around all sides. Bylaw enforcement manager Orest Katolyk calls the early returns "extremely disturbing. ... It's definitely a lot higher from two years ago," he said. **AM980/AM980.CA**

Motorcycle death**Police ID victim in deadly crash**

Police have identified Scott Sinclair, 32, of London as the motorcyclist killed in a Saturday collision with a car. The accident happened about 11:40 p.m. at Highbury Avenue and Brydges Street as the car was making a left-hand turn, police said. **METRO**

Traffic stopped. Electrical blast rocks downtown London corner

Downtown traffic was snarled briefly Monday after an underground explosion that blew a manhole cover off the ground at Queens Avenue and Clarence Street.

Rick Stainthorpe, electrical underground supervisor for London Hydro, said a faulty underground electrical line caused the blast. No injuries were reported, but hydro service was disrupted at a couple of nearby buildings.

The explosion happened about 2 p.m. Surrounding streets reopened to traffic within an hour.

MILA PETKOVIC/FOR METRO



London Hydro workers at the scene of an underground explosion on Monday. **MILA PETKOVIC/FOR METRO**

Scouts Canada. Authorities weren't informed of alleged sexual misconduct: Review

A forensic review of Scouts Canada's records reveals authorities were not contacted about at least 65 cases of alleged sexual misconduct against a youth.

"We are deeply and truly sorry for any harm that has happened at the hand of volunteers that were in our organization," said Steve Kent, Scouts Canada's volunteer chief commissioner at a press conference Monday.

"We will do everything that we can to prevent such instances from happening in the future and we encourage victims to talk to us."

The accounting firm KPMG conducted a seven-month audit of Scouts' files, many of which

were "disorganized" and "incomplete," according to an analysis of 486 identified records provided by Scouts Canada.

The records were related to suspension and termination of volunteers for alleged sexual misconduct against youth from 1947 to 2011.

In addition to the 65 cases, there were 64 cases where it was unclear whether or not authorities were contacted.

During the review process Scouts Canada provided information about those cases to police forces, which are investigating.

In 29 other cases, Scouts Canada had already contacted police. In 328 cases, police were aware of the allegation of sexual abuse before Scouts Canada.

Learning from past mistakes, the organization said it will now "rigorously" implement a new Child and Youth Safety Plan, which includes improved adult screening and training.

"Canadians can take comfort in the fact that we're confronting the past in its entirety now," said Kent.

JOE LOFARO/METRO IN OTTAWA



Steve Kent of Scouts Canada
METRO OTTAWA

Search efforts to continue after appeal from public, premier



Local residents react as they listen in during a news conference in Elliot Lake, Ont., on Monday. CHRIS YOUNG/THE CANADIAN PRESS

Elliot Lake tragedy. Officials initially called off search due to concerns of a second collapse

A member of the Ontario legislature says rescue teams will continue search efforts at a partially collapsed mall in Elliot Lake, Ont., hours after search attempts were called off.

New Democrat Michael Mantha says the search is on again after Ontario Premier Dalton McGuinty urged officials to continue the effort.

Mantha says rescue workers are coming up with a plan to allow the rescue of any survivors or the remains of those inside the mall to be removed from the site.

Staying positive

"We've all banded together. We talk, we hug. We're just here together."

Catherine Timleck-Shaw, Elliot Lake, Ont., resident

Authorities called off the search earlier Monday after they deemed the mall too dangerous to send rescue crews into.

Hopeful personal vigils gave way to outraged group protests on Monday hours after officials announced they were halting efforts to rescue possible survivors.

Dozens of angry community members gathered outside city hall in the northern Ontario city, expressing their disgust that officials had walked away from a rescue effort they deemed too dangerous.

"Rescue missions never end, save our families, save our friends," chanted the protesters.

Although the sound of tapping, which led rescuers to believe someone was still alive inside the rubble, stopped on Sunday morning, officials say a device called a life detector has indicated there's someone breathing inside.

THE CANADIAN PRESS



For more news visit
metronews.ca

Egypt. New president starts crafting government

New Egyptian president Mohammed Morsi went to work first thing Monday morning and started work on forming a government.

This was even before he had a clear picture of what he could do after the ruling military stripped most of the major powers from his post.

Morsi, 60, a U.S.-trained engineer from the fundamentalist Muslim Brotherhood group, is the first Islamist president of Egypt.

He defeated Mubarak's last prime minister, Ahmed Shafiq, in a tight race that deeply polarized the nation.

The country breathed a sigh of relief that at least the question of who won the presidential runoff had been resolved on Sunday, after the first free and fair elections in Egypt's modern history.

People returned to work a day after a panic that sent many home early for fear that violence might erupt when the winner was announced.

Traffic was flowing again through Cairo's Tahrir Square, the birthplace of last year's uprising and a major intersection that had been blocked for a week by Morsi supporters protesting against the military.

As polls closed on June



Mohammed Morsi THE ASSOCIATED PRESS

Tiptoeing into office

The contours are emerging of a backroom deal between the military and the Brotherhood that led to the ruling military council blessing Morsi as president.

- State TV showed footage of Morsi meeting Monday with the ruling military.

17, the ruling Supreme Council of the Armed Forces announced constitutional amendments that shocked the Brotherhood and many other political activists.

They gave themselves sweeping powers that undercut the new president. The generals said the moves would fill a power vacuum.

THE ASSOCIATED PRESS



Putin takes pause to remember on Israel trip

Russian President Vladimir Putin walks during an inauguration ceremony of a memorial to Red Army veterans of the Second World War in Netanya, Israel, Monday. The West's standoff with Iran over its nuclear program was expected to top the agenda as Putin began a 24-hour visit to Israel.

ALEXEI DRUZHININ/RIA NOVOSTI/THE ASSOCIATED PRESS

Leaving the tinderbox

General defects from Syrian army

A Syrian general was among the latest defectors from the country's military, officials said Monday. Dozens of Syrian soldiers fled overnight to Turkey, crossing the border with their families.

The general defected in recent days, Turkish officials said. Then, according to the state-run Anadolu news agency, 33 soldiers crossed the border overnight. There are conflicting reports but the group included possibly a second general and either two or three colonels.

THE ASSOCIATED PRESS

Tunisia

Jail time over cartoons upheld

A Tunisian court has upheld seven-and-a-half-year sentences on a conviction of posting cartoons of the Prophet Mohammed on Facebook. Jaber Majeri and an associate were each sentenced to jail and fined \$800 US.

Bochra Belhaj Hamida, the defence lawyer, condemned the court decision as unjust and criticized the judges.

THE ASSOCIATED PRESS

Walmart Canada ramps up hiring

Expansion. Already one of Canada's largest employers, retail giant plans to hire 3,100 more workers by end of 2013

Walmart Canada is ramping up hiring amid rapid expansion in this country by the U.S.-based retail giant.

Walmart says it will open 47 hiring centres across the country as it adds a total of some 4,000 new employees this year and next, about 500 more than previously announced.

The mass retailer pays "above minimum wage," which varies by province, said Alex Robertson, spokesman for Walmart Canada, adding that employees can also participate in a profit-sharing program.

Robertson said the chain is "looking to hear" from former Zellers employees, whose ex-

Facing competition

By the end of 2013, Walmart Canada expects to spend some \$750 million to open, relocate or remodel 73 stores.

- Included are most of the 39 former Zellers stores for which Walmart Canada purchased leasehold rights in June 2011. They will reopen as Walmart stores in this fiscal year.
- The expansion comes as competition in the Canadian retail market heats up with the entry of fellow discount retailer Target next year. Target plans to open 125 to 135 stores.

perience would be taken into consideration.

In addition to the permanent jobs, the various projects are expected to generate some 10,500 construction jobs.

"We are extremely excited to be adding more than 4,000

new associates to our team," said Bob Hakeem, senior vice-president of people at Walmart Canada, using the company's preferred term for employee.

Walmart Canada pharmacies are also in the midst of a significant hiring phase.

Walmart Canada has already hired 900 employees this year, from sales associates to managers in its stores across the country, to field operations and home-office positions.

Already one of Canada's largest employers, it plans to hire an additional 3,100 workers by the end of 2013, raising its overall Canadian payroll to 94,000.

Walmart said more than half of the 73 projects will become supercentres, which offer an array of groceries as well as general merchandise. The retailer opened its first Canadian supercentres in Ontario in 2006 and has since ramped up expansion plans for the large-store concept.

THE CANADIAN PRESS



Samsung's latest model

Models display Samsung Electronics' newest smartphone, the Galaxy S III, during its world tour in Seoul, South Korea, on Monday. Samsung, the world's top mobile-phone maker, said Monday it expects global sales of the latest Galaxy smartphone to surpass 10 million in July even as it struggles to keep up with demand because of component shortages. The company said the Galaxy S III will be released in 147 countries by the end of July, aiming to get a jump on rival Apple before it announces a new version of the iPhone in the third quarter. Samsung released the smartphone through all major mobile U.S. carriers last week. SAMSUNG ELECTRONICS/THE ASSOCIATED PRESS

Tech trouble

RIM shares slide after downgrade

Research In Motion shares hit their lowest level since 2003 on Monday as the company was downgraded by investment firm Morgan Stanley, which called the company "essentially broken."

Morgan Stanley analyst Ehud Gelblum said while the troubles at RIM are well known, the investment firm believes estimates for the company need to come down even further over the next six months.

Shares in RIM traded as low as \$9.27 on Monday on the Toronto Stock Exchange, its lowest level since 2003 after adjusting for stock splits. The stock closed down 76 cents at \$9.36.

The drop came as RIM dismissed a Sunday Times newspaper report on the weekend that suggested the company was considering selling its handset manufacturing unit or a stake in the whole company. THE CANADIAN PRESS

Market Minute

DOLLAR
97.16¢ US (-0.44¢)

TSX
11,330.39 (-105.15)

OIL
\$79.21 US (-55¢)

GOLD
\$1,588.40 US (+\$21.50)

Natural gas: \$2.694 US (+6.9¢)
Dow Jones: 12,502.66 (-138.12)

Local moms crack the Walmart market with Mabel's Labels

Four GTA moms with more than a dozen children between them have cracked the Walmart market with an idea for labelling the stuff kids lose.

After selling more than 50-million labels in 97 countries through Mabel's Labels online, the women have made a deal with Walmart Canada to put them on store

shelves across the country.

The company's new product — blank, self-laminating write-on labels that stick to any surface and can withstand the microwave and dishwasher — are for parents who don't have time to order online and wait for delivery.

Their Write Away! labels are for a must for the kid who's going to camp tomorrow.

row.

Camps and daycares require that personal property — every sock, shoe, water bottle and backpack — be labelled and Mabel's Labels has been providing customized labels online for nine years.

Three years ago, the moms came up with a version that could be sold at retail.

Julie Cole, 41, a former lawyer and mom of six, founded the company with her sister Cynthia Esp and two friends, Julie Ellis and Tricia Mumby.

They used to work out of a basement in Hamilton and now own a 14,000-square-foot facility in the city. They now employ 40 people.

Jenn Williams, category

manager for stationery for Walmart Canada, had already known about Mabel's Labels because she was a mom herself.

"I was very excited they had come to us. They had done their research and were very well prepared. It was a perfect match for Walmart because our customer is Mom." TORSTAR NEWS SERVICE



Q. How do I get a 6-pack?

A. Abs are made in the kitchen, not the weight room! Okay you do have to exercise, but you can crunch yourself into a coma and still have belly flab. Exercise will strengthen your abs but if they are covered by a layer of fat, you will never see them. The body sure likes to hold onto fat in particular areas and can't be forced to lose it by exercising. Diet is the key when it comes to abs so if you're spending a lot of time in the gym, make sure to focus just as much attention on your diet. Nutrient dense fruits, vegetables, grains, high quality protein and good fats will score you that coveted 6-pack! And don't forget to reduce stress! Stress produces stubborn extra fat beneath the abdominal muscle wall.

519-913-5296
www.justsweat.ca

268 Piccadilly Street, London, ON N6A 1S4



SNC-Lavalin. Ex-execs to face corruption charge in court next year

Two former executives with Canadian engineering giant SNC-Lavalin will be back in court next year to face a corruption charge.

Ramesh Shah, 61, of Oakville, Ont., and Mohammad Ismail, 48, of Mississauga, Ont., are accused of trying to bribe officials in Bangladesh.

The prosecution alleges they offered payment to secure contracts for supervision and construction of the Padma Bridge and an elevated expressway in Dhaka.

No money actually changed hands but the accused are alleged to have violated the Corruption of Foreign Officials Act.

Neither man nor their lawyers were in court following a judicial pre-trial be-

fore an Ontario court judge Monday. Shah had been a vice-president and Ismail was director of international projects at SNC-Lavalin in Toronto.

Their preliminary hearing was set for April 8 to 19, 2013.

The maximum penalty laid out in the law is five years of prison, making it an extraditable offence. Judges have the discretion to impose any fines with no maximum.

Last Friday, a SNC-Lavalin spokeswoman said the company hasn't been charged and she was not aware if other former employees face charges or have left SNC-Lavalin in relation to issues in Bangladesh.

THE CANADIAN PRESS

SEXISM IS NO JOKE



SHE SAYS...
Jessica Napier
metronews.ca/shesays

Every once in a while, you can count on some male comedian to drag out the hackneyed “girls-aren’t-funny” routine to try and gain some attention — or, in Adam Carolla’s case, sell

a book.

In an interview with the New York Post last week, the comedian complained about his personal struggle (eye roll) with unfunny female colleagues. “They make you hire a certain number of chicks, and they’re always the least funny on the writing staff,” he whined. “The reason why you know more funny dudes than funny chicks is that dudes are funnier than chicks.”

It’s pretty pathetic when a 48-year-old man uses words like “dudes” and “chicks” to offer commentary on gender roles in comedy. But I suppose this is the type of enlightened discourse we can expect from the comic genius behind The Man Show, a now-defunct program that featured such classic bro-centric segments as Guess Whose Asscrack and Breast Implant Fashion Show.

In reality

“There are a growing number of female comedians disproving these sexist theories, both in front of the camera and behind the scenes.”

If Carolla expects his staff writers to rely on low-brow, homophobic (GLAAD recently lambasted Carolla after he joked that the LGBT acronym should be changed to YUCK), frat-boy humour to get cheap laughs, then I’m not surprised to learn that he hasn’t encountered many women who adhere to his idea of funny.

Sadly, while the backlash against Carolla’s misogynistic remarks was substantial, he’s not alone in his sexist

ideas. The late Christopher Hitchens opined a similar argument in his infamous 2007 Vanity Fair essay titled Why Women Aren’t Funny.

In the piece, Hitchens suggested that men are obliged to be funny in order to attract members of the opposite sex. “Women have no corresponding need to appeal to men in this way,” he wrote. “They already appeal to men, if you catch my drift.” Presumably, Hitchens’ drift is that men are only attracted to women in a superficial (read: libido-driven) way. Underlying this belief is the dangerously chauvinist assumption that women are to be looked at, not heard from.

Thankfully, there are a growing number of female comedians disproving these sexist theories, both in front of the camera and behind the scenes. Kristen Wiig, Lena Dunham, Mindy Kaling, Wanda Sykes, Tina Fey, Betty White — the list of women who are funnier (not to mention more successful) than Adam Carolla is endless. These women produce and star in their own films and TV shows, they win awards, and they narrate audiobooks that will make you laugh aloud like a lunatic on the bus during your morning commute.

As for Adam Carolla, this washed-up man-child should go back to hosting his wildly successful podcast that you’ve probably never heard of.

New Yorkers beam at WTC site



SPENCER PLATT/GETTY IMAGES

9-11 memorial site

Beam completes steel skeleton

A construction worker signs the last steel beam before it is hoisted 300 metres to the top of 4 World Trade Center on Monday in New York City.

The trapezoidal glass and steel office building, which is designed as an architectural backdrop to the September 11 Memorial, is scheduled to open in 2013.

GETTY



Construction worker Frank Gasior gazes as the last steel beam is hoisted to the top of 4 World Trade Center. GETTY IMAGES

Then and now

“Ten years later, it’s pretty remarkable. This is a very proud moment. It’s full circle.”

Sally Rexach, a nurse who aids workers at the site as she did during the rescue and recovery work following Sept. 11. She said she had tears streaming down her face while the beam was lifted into the sky.

First tower completed

Redevelopment long overdue

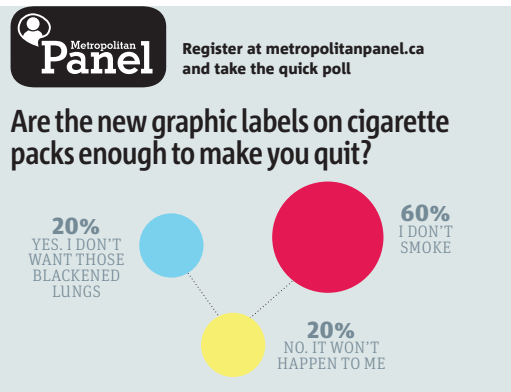
Developer Larry Silverstein told the crowd that his goal was “to give New Yorkers back the city terrorists tried to take away.”

After years of funding and planning disagreements that at times threatened progress, Silverstein acknowledged, “It’s been a very tough time.” But added, “I’ve always believed in downtown New York.”

THE ASSOCIATED PRESS



Adam Carolla debuted his second book, *Not Taco Bell Material*, on June 12. It’s a memoir of the comedian’s life from the early years up to the present day. KEVIN WINTER/GETTY IMAGES FILE



Twitter

@CanadianCheri: Sometimes I wish I forgot my twitter password. (or forget)

@scottlightfoot: I’m all for re-naming things, but making your world-class entertainment facility sound like a 70’s trailer park is not a smart move. #ldnont

@travisconrad: Woman next to me on the bus, breathing heavily, reading Fifty Shades of Grey. #ldnont #ltc

@MSTOP: Remember when everyone was livid about #ldnont Rippers name? Now it’s the change in the JLC. Really, we’ll get over this too

@RachFee: My friend is looking for a smart-phone with at least 9 days of battery life like his current (old) phone. I just laughed. Hard.

2

SCENE

Scene in brief

Billy Ray heads to Broadway

Country singer Billy Ray Cyrus is making his Broadway debut in Chicago. The singer of Achy Breaky Heart and father of Miley Cyrus is detouring from his Nashville roots in taking on the role of criminal lawyer Billy Flynn for a seven-week engagement beginning Nov. 5. Cyrus starred with his daughter in the hit TV series Hannah Montana, and has acted in TV movies on Lifetime and the Hallmark Channel. Cyrus has also hosted country music's Nashville Star and was a competitor on Dancing With The Stars. Other celebrities to join the Chicago cast have included Sofia Vergara, Melanie Griffith, Brooke Shields, Ashlee Simpson, Usher, Huey Lewis, Michael C. Hall and Jerry Springer.

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On the web



Black Keys sue Pizza Hut, Home Depot for copyright infringement over song use in ads

DVD reviews

The Artist

Director. Michel Hazanavicius

Stars. Jean Dujardin, Bérénice Bejo, John Goodman

●●●●●

Passion is not normally experienced through the rear-view mirror, as regret and nostalgia are.

And yet here's The Artist, the most unlikely Best Picture winner at the Oscars in recent memory: a black-and-white, silent and exceedingly square homage to old Hollywood that is as passionate as new love.

You can call it a gimmick, as some did when The Artist premiered in competition last May at Cannes, winning star Jean Dujardin the festival's Best Actor award, a win he'd repeat at the Oscars.

But ultimately it is smart entertainment, which eschews parody to make a sincere tribute that also serves as sharp, current commentary. In our increasingly wired world, who doesn't yearn for the supposed simplicity of the unplugged past?

The Artist isn't a conventional romance. But it's a passion project all the way, made by people with their heads in the present but their hearts in the past. Feel free to swoon along with them.

PETER HOWELL

Wrath of the Titans

Director. Jonathan Liebesman

Stars. Sam Worthington, Liam Neeson, Rosamund Pike

●●●●●

After 2010's Clash of the Titans, a botched remake of the cheesy 1980s swords-and-sandals epic of the same name, there was nowhere to go but up for the next Titans flick. Wrath of the Titans, directed by Jonathan Liebesman (Battle Los Angeles), heads modestly and noisily in that direction.

Wrath has much beefier 3D and also a bulkier Sam Worthington, returning as split-personality hero Perseus. Half god and half human, he's like a Chipendales dancer without the smile.

Wrath also has stronger characters and a modestly more interesting plot: a trip by Perseus to hell and back to rescue his bearded pappy, Zeus (Liam Neeson), a full-blooded god who has fallen on hard times. At this rate of improvement, the Titans series may approach adequacy in about five years. PETER HOWELL



Magic Mike opens in theatres on Friday. HANDOUT

Pettyfer bares all

Magic Mike. Actor talks about psyching himself up for semi-nude dancing

NED EHRBAR
Metro World News in Hollywood

While audiences are already familiar with Alex Pettyfer after a busy 2011 — with I Am Number Four, Beastly, and In Time — they are about to see a lot more of him, quite literally, with the release of Magic Mike. Pettyfer stars as a newcomer to the world of male stripping taken under the wing of the titular Mike (Channing Tatum, who is also the inspiration for Pettyfer's character).

Stripping may seem like a daunting gig, but it turns out baring all didn't bother him as much as learning to dance.

How awkward have interviews for this film been?

I guess you kind of like dive into the fact that when you do a male stripper movie, they're going to ask you interesting questions. So you have to take everything and bite the bullet. Yes, I think the most frequently asked question is biggest wardrobe malfunction. And I think the biggest wardrobe malfunction that you have is that when you wear a thong and you have screaming girls, it can accidentally fly off. Thank God that didn't happen to me. It was during Matthew (McConaughey's) dance. It was

Quoted

"It's a very scary thought, one, to dance, as I've never danced before, and two — the fact that you're going to dance practically naked."

Magic Mike star Alex Pettyfer

kind of very funny.

Once you've signed up for a role like this, clearly you know what you're in for. But how do you mentally psych yourself up for it?

It's a very scary thought, one, to dance, as I've never danced before, and two — the fact that you're going to dance practically naked, you kind of just wrap your head around the fact that you've got to dive into it fully. And the fact that all the other guys are in the same boat as us, doing the same thing and — apart from Channing — not having the experience beforehand, and having the experiences firsthand on the set was also very calming. I had to learn how to dance, because I can't dance. At all. To save my life. (laughs). But at the end of the day, you don't want to go to a male strip club and we're all perfect, classic dancers. What's great about the movie is that it's fun and mistakes are forgiven. It's an amazing thing to watch the flaws of a stripper because more comedy and more grime equals more reaction.

You're not playing Channing Tatum per se, but he is the basis for your character. Hav-

ing him there must be...

A little awkward (laughs). It's a little awkward, yeah, because obviously he's a phenomenal dancer, for one, and you can't compete with that. And he's lived this life. But it actually really helped me, personally, because the awkwardness and vulnerability of not having experienced what goes on in this world was actually what my character had to experience, so it actually really helped.

You also had some very enthusiastic extras on set for the dance numbers.

They were phenomenal. I wouldn't really call them actresses because I think they were very, very glad to be there. On most film sets with background, you have to be like, "Give more!" And with these guys, for 12 hours straight they were screaming. It just gave us the best energy. They did get out of hand. They got out of hand with Channing, and they 100 per cent got out of hand with Matthew, because that was not planned [when they rush the stage during his dance]. I thankfully didn't have any run-ins with them. I was very fortunate not to.

Showgirls

What about that other stripper movie?

"A friend asked me if this is the male Showgirls — which it really isn't. I almost had a heart attack there. Like, are we Showgirls? Oh, f—!", says Pettyfer.

But will people draw that connection anyway, because it's a movie about stripping? Pettyfer doesn't think so.

"You follow the characters through a journey," he says.

"It just happens to be in the world of male stripping."

So what would you say was your least favourite dance routine costume?

I mean, my favourite was my least favourite because it was the hardest thing to get off. I just wanted to get it off and go for it, which is kind of funny because the first time I stripped, I wanted to keep all my clothes on. But that's a character choice and how my character is. He eventually loves what he does. So I guess the cowboy outfit? But it was also my favourite.

Jason Segel 'totally smitten' with Michelle Williams

Things seem to be going well on the romance front for Michelle Williams and Jason Segel. Williams "hasn't been this happy in forever," a source tells *People* magazine of the couple, who made a brief appearance at the after-party for the premiere of her new film, *Take this Waltz*, in New York late last week.

Segel, for his part, is just as happy. "Jason is totally smitten," the source says. "It's like the first girl he's ever been this way with."



Jason Segel

Trek has a heart attack

Longtime *Jeopardy* host Alex Trebek suffered a mild heart attack over the weekend, but is expected to recover, according to the *Hollywood Reporter*.

Trek, who has hosted the game show for 28 years, "is in good spirits and is currently under observation and undergoing further testing," a rep says. "He is expected to fully recover and be back at *Jeopardy* when production begins taping in July for the new season."



Alex Trebek

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Anthony Bourdain ALL PHOTOS GETTY IMAGES

Anthony Bourdain: Off with their heads

MONICA
WEYMOUTH
scene@metronews.ca

Somewhere between continent-hopping and mysterious cauldrons of soup, chef and *No Reservations* host Anthony Bourdain found the time to pen a graphic novel.

Part kitchen revenge fantasy, part kung-fu foodie fun, *Get Jiro!* includes a scene in which a man is decapitated for ordering a blasphemous California roll.

"There are people who work 60 years trying to get the same 20 to 25 pieces of classic sushi perfect, but they know they will never reach that point. That kind of drive for perfection deserves respect," Bourdain told us when we caught up with him this week in New York City.

"So when you see somebody go into a regular sushi bar and treat it like it's crap or just another meal, well, I fantasized about seeing somebody lose their head!"

We wonder what the recommended punishment would be for a sriracha sprinkle. Not that we'd ever do that. We're just wondering — for our savage friends, whose heads aren't ours.

Courtney Love is just being Courtney Love

One of Courtney Love's less destructive habits is throwing around lawsuits — in 2009, the rocker put her legal team on 14 cases in 10 months. But apparently, she forgot to pay for their many services. The rocker is being sued by her former lawyers for almost half a million in legal bills, reports *TMZ*.

Although she sent flowers and thank-you gifts, the suit alleges that the rare cheques bounced, and that Love used her funds to pay for a gaggle of personal assistants.

There's something refreshingly 'Courtney Love' about getting sued by your lawyer. Never change, Court.



Courtney Love



Amy Winehouse and Blake Fielder-Civil

Did Winehouse want a baby with her ex?

Amy Winehouse was reportedly desperate to have a child with ex-husband Blake Fielder-Civil — even after the pair split up — Blake's mother, Georgette Fielder-Civil, told a British newspaper.

Georgette says that before her son went away for his latest prison term, he showed her letters from Winehouse post-divorce that clearly indicate their

romance was far from over.

"In one letter, Amy wrote that Blake was definitely getting her pregnant within two months. She talked about conceiving the baby — which they would call Lucky — on Valentine's Day," Georgette says. "Even after their divorce Amy told Blake she'd love him forever. They carried on talking to each other until a few months before she died."

Reese talks about her baby bump

While her baby bump has grown, Reese Witherspoon has stayed relatively mum on her pregnancy — her first with new husband Jim Toth.

But she finally acknowledged the obvious while at an event in Chicago, according to the *Chicago Sun Times*.

"Frankly, I'm feeling very round tonight," she told the crowd. When a reporter suggested she avoid the city's famously hearty food, she added, "Maybe, but it's not easy. I'm always feeling like I'd like to eat everything in sight."

As for her immediate plans, Witherspoon is currently shooting *Devil's Knot* with Colin Firth in Atlanta.

"After that, I'm going to take a little time off — and go have a baby," Witherspoon said.



Reese Witherspoon

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LIFE

Health minute

Why go meatless?

Why should people aim to reduce their consumption of red meat? Metro asked Meatless Monday founder, Sid Lerner, for a few reasons: "Animal fat is the villain. Red meat is high in cholesterol and saturated fat and knocking it off the menu is good for your health. Eating it in excessive amounts (a portion larger than the size of a deck of cards, more than three times week) could eventually trigger a heart disease or diabetes. Eating mass amounts of red meat messes up the environment. Reducing global consumption will lighten up our carbon footprint. Cutting out meat from your meals one day a week is no big deal. We even managed to get celebrity chef, Mario Batali — who is a massive pork fan — to back the campaign. With enough willpower, anyone can do it."

METRO

On the Web



The Lifesaving Society is hoping to prevent drownings among teens by strengthening their swimming skills before they hit high school

Go meatless this summer

Food for thought.

The Meatless Monday campaign is fighting to reduce global meat consumption by urging carnivores to go veggie one day a week. In the Meat Free Monday Cookbook veteran vegetarian, Beatles singer Paul McCartney, shares his favourite recipes. This is one.

ROMINA
MCGUINNESS
Metro World News

It's no secret that a diet high in processed red meat can dramatically increase the risk of death from heart disease or cancer. But with the summer barbecue season in full swing, we've been gorging on burgers most weekends. Will cheese and beans ever rival the real deal? Probably not. But it's time to tackle the scary truth, one steak at a time.

This is a fantastic salad. Here it's served with tofu, but you could just as easily serve it with veggie burgers or vegetarian sausages, as well as fries and mashed potatoes.

1 Preheat the oven to 400°F and roast the cherry tomat-



Paul and his daughters / CONTRIBUTED

Paul McCartney's Super Vegetable Salad



If you're looking for something other than a steak, this is the dish for you. CONTRIBUTED

atoes for 10 minutes.

2 Cover the bottom of a pan with cold water and place a steamer above it. Put the broccoli, green beans, and carrots in the steamer, turn the heat on quite high, and steam for about 15 minutes, occasionally prodding the carrots with a fork to see if they are done. Some people like them slightly crunchy, others prefer them a little softer.

3 While the vegetables are steaming, make a salad with the leaves and scallions.

4 Combine the cornmeal and herbs in a bowl. Heat some olive oil in a frying pan. Dip the tofu in the cornmeal mixture and then fry until golden.

5 Whisk together the ingredients for the dressing, but only pour over at the last minute.

Ingredients

Serves 4

- 28 cherry tomatoes
- 3 florets of broccoli
- 12 green beans, cut into 1 inch lengths
- 2 carrots, peeled and sliced into 1 inch pieces
- 1 lettuce — 1 like Romaine
- 3 scallions, finely chopped
- 2/3 cup cornmeal

- a handful of chopped herbs of your choice
- 9 ounces tofu, cut into slices
- olive oil for frying

For the dressing

- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard (optional)
- 1 teaspoon maple syrup (if you like a bit of sweetness)

Best Health

Five foods to help your skin



BEST HEALTH
MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Yes, you still need to wear sunscreen and a hat. But protecting your skin from the sun can also be delicious.

Each issue of Best Health magazine is full of often-surprising information about nutrition for Canadians.

In the Summer issue, on newsstands now, nutritionist Allison Tannis offers a list of five foods that provide the best sun-damage protection.

1. Tart cherries.

They are packed with melatonin, protecting your skin against UV rays and helping to repair sunburned skin by stimulating new skin-cell growth. And cherries' vitamin C builds collagen, helping prevent wrinkles.

2. Crimini mushrooms.

Because these are loaded with the mineral selenium, which produces antioxidants in your body, they fight free radicals that form in your skin after sun exposure.

3. Green tea.

This contains an antioxidant that helps ward off inflammation of the skin and neutralizes free radicals.

4. Pomegranates.

Their high antioxidant content fights inflammation, and reduces the ability of UVB rays to cause cancer-promoting damage in skin cells.

5. Fatty fish.

Salmon, for example, is loaded with selenium and protein, both needed for skin repair. Eating fish will also keep your skin hydrated and radiant.

The Summer issue of Best Health is on newsstands now.

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Weeding out pesky pesticides

Chemicals. Despite bans, they are still often found in everyday life

CELIA MILNE
life@metronews.ca

Pesticides still lurk. Your city may have banned these pest-killing chemicals, but they continue to quietly cause illness in society.

The Ontario College of

Family Physicians (OCFP) recently conducted a review of 142 studies on pesticides, and found their use is associated with disorders of breathing, brain development and reproduction.

"The bans are a great step in the right direction," says Dr. Kate Bassil, an epidemiologist at Mount Sinai Hospital, "but there is still an opportunity to decrease exposure."

Pesticides are still used in many ways: to kill bugs on house plants, in farming, in flea and tick products, and on lawns, explains Bassil, an as-

Watch out

"The message from our report is, look at opportunities wherever possible to decrease exposure."

Dr. Kate Bassil
An epidemiologist at Mount Sinai Hospital

sistant professor at the University of Toronto and an author of the review.

"The message from our report is, look at opportunities wherever possible to decrease exposure."

When a pregnant woman is being exposed to pesticides it can have negative effects on her developing baby — leading to low birth weight or abnormal reactions to stimuli.

"In the uterus, while the baby is developing, pesticides can cross the blood-brain barrier and impact the developing brain," says Bassil.

The review also suggests that ADHD is more common in children who had higher levels of pesticide exposure during their mother's pregnancy.

Farm employees show an increased risk of asthma from working near pesticides 2,4-D and glyphosate.

"One simple message that often comes up is about the fruits and vegetables we eat," says Bassil.

"Where possible, choose organic, but that is not always affordable, so wash your fruits and vegetables thoroughly."

The OCFP suggests that if you are exposed to pesticides in an agricultural setting, use personal protection equipment and change your clothes after work.



Pesticides are still prevalent in our society's foods. iSTOCK

Vegetarians rejoice. Protein-packed lentil burger has a meaty texture

This lentil burger not only contains lots of complementary vegetable protein from its combination of grains and legumes, but its meaty texture is hearty and delicious.

Ingredients

- 30 ml (2 tbsp) vegetable oil
- 1 onion, chopped
- 250 g (1/2 lb) fresh mushrooms, sliced
- 4 cloves garlic, chopped
- 500 ml (2 cups) cooked lentils
- 250 ml (1 cup) breadcrumbs
- 125 ml (1/2 cup) peanut or

- almond butter
- 30 ml (2 tbsp) miso paste
- 30 ml (2 tbsp) soy sauce
- 30 ml (2 tbsp) dried thyme
- 50 ml (1/4 cup) chia seeds
- 500 ml (2 cups) grated sweet potato

1. In a skillet over medium-high heat, place oil. Toss in onion, mushrooms and garlic and sauté until browned, about 10 minutes.

2. Transfer mixture to a food processor. Add remaining ingredients except sweet potato. Purée until smoothly combined. Transfer to a mixing bowl and stir in sweet potato. Let mixture rest for 10 minutes.

3. Using your hands, shape mixture into evenly formed patties. They may be cooked immediately, refrigerated for a few days or frozen for 1 month.

4. When it is time to cook the burgers, you can fry them in a lightly oiled sauté pan, sear them on a griddle or outdoor grill or bake in a 200 C (400 F) oven 15 to 20 minutes.

THE CANADIAN PRESS/PULSE CANADA.



This recipe makes six to eight servings. THE CANADIAN PRESS H/O

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All good lunch columns go to foodie heaven — even this one



The Combination Platter. PAUL MITCHELL



**LUNCH
RUSH**
Paul Mitchell
life@metronews.ca

Ethiopian cuisine is most known for shared plates and eating with your hands, but it is Addis Ababa's lovingly pre-

pared food that I will remember most for my last Lunch Rush review.

The owner, TG, provides me with a friendly and non-intimidating introduction to her country's diverse flavours.

The Combination Platter (\$14.99 for one) is a particularly ideal way to explore its saucy

braised meats and starchy vegetarian dishes. I notice similarities between Indian and Caribbean cooking.

My meal offers earthy colours and soft textures: spicy curries, sautéed garlic beef, smoky chicken legs, green lentils, potatoes and collard greens.

The cool, bubbly injera is a perfect utensil for scooping everything up. Very filling and delicious, I discover that the spongy bread which has been soaking up all the flavour underneath is the best.

I leave with my taste buds craving more of these incredible African creations. For an enjoyable "family style" meal, Addis Ababa is memorable.

Visiting the restaurant

TG's Addis Ababa Restaurant

Address. 465 Dundas St. (at Maitland)

Phone. 519-433-4222

Rating. 4/5

Price range. \$5.99 - \$14.99

Reservations. No

Business lunch. No

Social lunch. Yes

Quick solo lunch. Yes

Honeycomb and Brie English Muffin Pizzas. One of the best combos



1. Heat the oven to broil.
2. In a medium skillet over a medium-high temperature, heat the olive oil. Add the onion, garlic and thyme, then sauté for 5 minutes, or until the onion starts to get tender. Season with salt and pepper, then set aside.
3. Split each English muffin in half and arrange cut side up on a baking sheet. Set under the broiler just long enough to lightly toast, about 1 minute.
4. Top each muffin half with a slice of brie, then spoon a bit of the onion mixture over each. Place under the broiler for another minute. Transfer the halves to serving plates, then top each with a spoonful of honeycomb. Serve immediately.

THE ASSOCIATED PRESS

Ingredients

- 1 tablespoon olive oil
- 1 medium red onion, thinly sliced
- 1 clove garlic, minced
- 1/2 teaspoon dried thyme
- Salt and ground black pepper
- 4 large whole-wheat English muffins
- 6 ounces brie, thinly sliced
- Honeycomb

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Do as I say, not as I do

Q&A. Bravo show offers glimpse of what real life is like for a dating expert

HEIDI PATALANO
Metro New York

New York matchmaker Amy Laurent is about to star in a show that points out all the ways in which she doesn't stick to her own dating advice.

Bravo TV's *Miss Advised* features herself and two other savvy relationship experts — Julia Allison in Los Angeles and Emily Morse in San Francisco — who can dole out great bits of wisdom for other people, but have a hard time settling down themselves. Laurent discussed with us the perils and perks of dating on TV.

I can't imagine anyone signs up to do a reality show knowing it will end up being about how, as a dating expert, she doesn't take her own dating advice.

Well, I knew. First of all, the decision to make a reality show is a big one. I knew that this wasn't a matchmaker show. It was pretty clear that this would be an inside look at what real life is for an expert. When you go into a show knowing there are two other relationship experts who happen to be single, you can't lie to yourself and say, "I didn't know this was going to delve into my personal life."

Which of your own rules is the hardest to follow?

I'm really great at guiding people through relationships because my heart's not involved and I'm in control. When my ex came back into town, I felt like a 12-year-old

girl in a panic. You're not supposed to see your ex. ... And what do I say? I say, "I can't wait to see you."

But it's real and this is what being human is all about.

How did you prepare the men you were dating for spending time in front of the camera?

To be honest, for the past four and a half years, I haven't really dated, so having a camera there didn't make much of a difference for me because I was just getting myself back into the dating world. There was no prep time. Yes, doing a show like this, you have to get used to the cameras, but I can promise you that when you're dealing with something so raw and real, you forget the cameras are there. It really gets personal.

Her dating rules for men

- Don't ask her out for the



From left to right, Julia Allison, Emily Morse and Amy Laurent star in Bravo TV's *Miss Advised*. HANDOUT

second date while on the first date. "Don't put that person on the spot."

- Don't reach out too soon after the first date. "(Reach out) maybe the next evening."
- Don't plan dinner or drinks at your house. "Obviously, don't have sex early on."

Her dating rules for women

- Never initiate the text to the guy. "Let him initiate. If you start taking that role, guess what? He's going to sit back and relax and you're going to have to chase him."
- Keep busy. "If you like a guy,

don't say no to other dates. Keep dating other people until you're exclusive."

- Don't accept same-day dates. "I don't care if you're bored off your butt and he says, 'Are you free tonight?' You teach him: 'You want to see me? You have to plan ahead.'"

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Does the Net handle all your finances?

Plugged in. Trying to pay a bill or cancel a card can be a total nightmare when the Internet is down — have a back-up plan



YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisonmoney

We're all pretty much tech addicts these days and nowhere is this dependency more evident than in our Internet love affair. But everyone must have a fall-back plan if you lose your connection, especially for financial data. I know of what I write.

This week I lost my service for a couple of hours and it pretty much brought my work to a standstill. I couldn't access email, let alone pay bills or check my calendar. I also had to contact my bank regarding a transaction. But have you ever tried to contact a specific person at a branch when you can't even locate a current phone book?

When the Internet abandons you the biggest concern is accessing your financial life. Delays could mean interest charges or other penalties.

Alison's money rule

"Love the Net but be sure to have a financial back-up plan for when it fails."



In the dark: Don't miss a mortgage payment because the Internet is down. ISTOCK

One reader missed making his RRSP contribution when he lost service the night of the deadline. That cost him thousands in tax. Here are four important steps you should take to protect your finances from cyber interruption.

1. Save. With programs such as Yahoo! or Gmail, which are not resident in your computer, save important emails to your hard disk. Search the respective help programs for instructions. But I find it is even quicker to cut and paste e-bills or other important financial emails and save them in Word.

The advantage here is that you can make notes about when a bill is paid or add information about changing a cell or cable package, for example, with the relevant confirmation number. Assuming you back up your computer the information is easily accessible, Net or no Net.

2. Contacts. Print your contact list and make sure you have contact numbers for every bill you pay as well as for your bank and brokerage. Store it somewhere safe.

3. Inventory. Have a hard copy of all banking information including account numbers, passwords and security questions. I abbreviate the latter two for safety. For extra protection store it in a safety deposit box but be aware that if the bank isn't open you're stuck.

4. Calendar. Maintain a simple hard copy calendar or one resident on your computer noting when all bills are due. It will be a lifesaver if the Internet goes dark.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

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On the cheap

Five ways to save money moving



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
Twitter: @Lesleyscorgie

I spent this past weekend moving out of my suburban house and into my new downtown condo. Though I knew it would be expensive, I underestimated the timing of my total costs.

My VISA card hasn't seen this much action in one weekend since the time it was stolen four years ago.

Here are 10 easy ways to save big when moving.

1. In advance of your move, prepare a budget. A budget is a tool to help you plan for your total moving expenses

so you can avoid unnecessary debt once the bills start rolling in. Include costs such as truck rental, mileage, movers, soft costs and more.

2. Plan for soft costs which fall outside of your expected moving expenses such as utility, cable, Internet and phone hook-ups. Closing costs for a house such as legal fees and taxes can add up to thousands. Don't get caught off-guard by soft costs! Ask your realtor or lawyer what to expect.

3. Downsize before you move so there will be less to transport. I sold 80 per cent of my furniture prior to moving through Kijiji. I also donated boxes of clothes, coats, boots, games and other household goods to a local charity. Use websites such as Craigslist, Kijiji, eBay and others to off-load your goods.

4. Rather than paying a moving company to pack up, transport, and unpack your house, do it yourself. If you're moving locally, bribe your friends to help with pizza, beer, begging and a big "thank you." Borrow a pick-up truck, and cart your things over by the truckload.

If you've got a long haul to your new place, rent a truck through a company like U-Haul. Alternatively, it can be more affordable to ship your stuff using a pod rather than a moving truck.

5. If you need to hire movers, get multiple quotes, which will help you negotiate for the best rate. Work alongside with movers, so that you can reduce the time it takes and total billable hours. Save big by moving in the off-season or mid-week rather than on the weekend.

Women's basketball

Canadians step closer to London

The Canadian women's basketball team moved a step closer toward qualifying for the London Games.

Canada thumped Mali 89-23 on Monday in the opening game for both teams at a FIBA Olympic qualifying tournament.

THE CANADIAN PRESS

NBA

Heat celebrate with parade

With tens of thousands of fans lining the route, the Miami Heat held their championship parade on Monday. Players and coaches were on double-decker buses with friends and family, most taking photos and video of the crowd.

THE ASSOCIATED PRESS

Gymnastics

Canadian banned after pot test

A Canadian gymnast has been suspended for six months after testing positive for marijuana.

The world governing body of gymnastics says Cory Marsh, 18, from Oakville, Ont., failed a drug test in Orlando in April.

THE CANADIAN PRESS

Euro 2012

Germany looks to change tradition

Germany's young team can achieve something none of its predecessors have ever managed — beat Italy at a major tournament. Germany captain Philipp Lahm says his teammates are not concerned with statistics.

But even the coaching staff is impressed by the cool nerves of Italy's Andrea Pirlo. THE ASSOCIATED PRESS

NHL. Sakic, Shanahan head list of hall hopefuls

Joe Sakic, Brendan Shanahan, Mats Sundin and Jeremy Roenick lead the list of first-year eligible players hoping to get the call from the Hockey Hall of Fame.

The hall will announce its newest inductees on Tuesday. The 2012 class will enter the hall on Nov. 22.

"Every year now it's getting real difficult," Hall of Famer Scotty Bowman, a member of the hall's 18-member selection committee, said of choosing the inductees.

THE CANADIAN PRESS



Joe Sakic won two Stanley Cups and had 625 goals and 1,016 assists in 1,378 NHL games. GETTY IMAGES

NHL. Star players align ahead of CBA negotiations

It could have been an all-star team.

First Alex Ovechkin strode through the hotel lobby and into a meeting room. Soon Jonathan Toews, John Tavares, Shea Weber, Shane Doan and 50 other NHLers followed — as sure a sign as any about how seriously members of the NHL Players' Association are taking their last set of meetings before negotiations begin on a new collective bargaining agreement.

NHLPA executive director Donald Fehr has repeatedly talked about how important it

Quoted

"It's the future for everybody.... It's our lives."

Alex Ovechkin on upcoming collective bargaining agreement negotiations

is for a wide variety of players to be engaged in the process. Now he's reached the moment of truth — formal CBA talks with the NHL will begin "very quickly" after this session ends Wednesday, according to Fehr.

THE CANADIAN PRESS

Former Wimbledon champ Venus Williams ousted

Tennis. Williams was diagnosed with an autoimmune disease last year

Racket bag slung over her shoulder, resignation written across her face, Venus Williams weaved through fans milling about on the sidewalks that players must traverse to get from Court 2 to the Wimbledon locker-rooms.

The 32-year-old Williams had just absorbed a lopsided first-round loss at the Grand Slam tournament she once ruled, a poor performance that raised questions about how much longer she will keep playing tennis while dealing with an energy-sapping illness.

She trudged by as her hitting partner, David Witt, was saying: "It's tough to watch sometimes. I think everybody sees it. I don't know what else to say."

Looking lethargic, and

Isner out

- John Isner, best known for winning the longest match in tennis history, went five sets at Wimbledon again — and lost this time, to 73rd-ranked Alejandro Falla.

rarely showing off the power-based game that carried her to five Wimbledon titles and seven majors overall, Williams departed meekly Monday with a 6-1, 6-3 defeat against 79th-ranked Elena Vesnina of Russia. Only once before — as a teenager making her Wimbledon debut in 1997 — had Williams exited so early at the All England Club.

Still, Williams said she'll be at the London Olympics next month and is "planning" to be back at Wimbledon next year.

"I feel like I'm a great player," Williams said.

THE ASSOCIATED PRESS



Venus Williams leaves the court after her match against Elena Vesnina Monday at the All England Lawn Tennis and Croquet Club in London. CLIVE ROSE/GETTY IMAGES



SPORTS

Women's soccer

"We're a very confident team right now and we feel that on any given day, we can beat the Japans, the U.S.A.'s, the Swedens."

Canadian women's soccer captain Christine Sinclair. She says her experienced team is primed for this summer's Olympics. The 18-woman squad announced Monday has a combined 1,374 caps. After the team's poor showing at last year's World Cup, Sinclair acknowledges it's time for the seventh-ranked Canadians to deliver against top opposition.

"We're a confident team and we feel that we can beat them, but that's just words. We have to actually do it."

Christine Sinclair
THE CANADIAN PRESS

On the web



Canadian welterweight Rory (Ares) MacDonald is looking to take down a legend at UFC 152 in Toronto. And he may get to do it in the main event. The British Columbian's fight against former champion B.J. Penn is currently listed as the co-main event for the Sept. 22 show at the Air Canada Centre. But a possible main event apparently won't take place. Scan the code for the story.

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Across

- 1 Pump up the volume
- 4 Bloke
- 8 Hit hard
- 12 Spell-down
- 13 Tortoise's rival
- 14 Addict
- 15 Type units
- 16 Those who refuse to face problems
- 18 Bottom line
- 20 Squid squirt
- 21 Mother of Castor and Pollux
- 24 Informative
- 28 "The Blue Angel" star
- 32 Burrito's cousin
- 33 Request
- 34 Neighborhoods
- 36 Droop
- 37 Evidenced a pinprick
- 39 Parasitic worm
- 41 Auto style
- 43 Highland hillside
- 44 Vast expanse
- 46 Investigate
- 50 French cardinal
- 55 Crony
- 56 Rue the run
- 57 Young horse
- 58 Donkey
- 59 Nobility member
- 60 Atmosphere

Down

- 1 Help a hood
- 2 Note from the boss
- 3 Nuisance
- 4 Epidemic illness
- 5 Owns
- 6 Illustrations
- 7 Graceful woman
- 8 Pail
- 9 Blond shade
- 10 Witness
- 11 Day fractions (Abbr.)
- 17 Hostel
- 19 Elev.
- 22 Gossip
- 23 Tart in tone
- 25 "Now then, where —?"
- 26 Read bar codes
- 27 Guru's exercises
- 28 Light applications
- 29 Gilligan's home
- 30 Supplemented, with "out"
- 31 Barber's concern
- 35 Shoulder blade
- 38 One of Santa's team
- 40 That girl
- 42 Born
- 45 — Romeo
- 47 October birthstone



- 48 Foundation
- 49 Otherwise
- 50 Knock
- 51 Lemieux milieu

- 52 Ernesto Guevara
- 53 Debtor's letters
- 54 Good hearing



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	5	1	4	3	9	8	2	6
6	3	2	5	1	5	9	7	4
9	4	8	2	6	7	5	3	1
8	1	9	7	2	6	3	4	5
2	6	3	5	4	1	7	9	8
4	7	5	9	8	3	1	6	2
5	8	4	3	7	2	6	1	9
3	9	6	1	5	4	2	8	7
1	2	7	6	9	8	4	5	3

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

ECHHUEGLT RUC EWVMH
EUFNAUOR CLWGX SN EWMVWE
EGLTGLT. RUC FGTSW EMR
RUC ANXWNO UCW M WCLN.
Yesterday's Cryptoquip: WHEN A MAN'S
NEATLY GROOMED HAIR GETS ALL MUSSUED UP,
YOU MIGHT SAY HE'S NOW DE-PARTED.
Today's Cryptoquip Clue: R equals Y



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20.

Your thoughts will become more positive now that mind planet Mercury is moving in your favour again.

Taurus | April 21 - May 21.

Something you value will have to be given up but if you are wise you will realize it has to happen so there is room for something even better to come in and replace it.

Gemini | May 22 - June 20.

You need to speak up about something you think isn't fair.

Cancer | June 21 - July 22.

Stop trying to hurry things along because what is meant to happen will happen in its own good time. That applies to all areas of your life but especially to money issues where, quite soon, you are in for some good news.

Leo | July 23 - Aug. 22.

Your outlook will change quite a bit over the next few days.

Virgo | Aug. 23 - Sept. 22.

Don't draw attention to yourself today.

Libra | Sept. 23 - Oct. 22.

Let friends and colleagues know how you feel today, even if you are the kind of Libra who hates to show emotion.

Scorpio | Oct. 23 - Nov. 21.

You will have to make some tough decisions over the next few days, decisions that will impact your career in major ways.

Sagittarius | Nov. 22 - Dec. 21.

It's OK to bend the rules a bit today. No harm will come of it so long as you do it sensibly and don't take too many liberties.

Capricorn | Dec. 22 - Jan. 20.

Something you once thought was so important now seems trivial, and it's to your credit that you are not afraid to change your mind.

Aquarius | Jan. 21 - Feb. 18.

A relationship problem that has been worrying you for weeks will resolve itself over the next two or three days. Whether the resolution seems "good" or "bad" depends on your outlook.

Pisces | Feb. 19 - March 20.

What you need to remember today is that every challenge you face is also an opportunity. Put another way: the more you are challenged the more you will grow and the more you will learn and profit over time.

SALLY BROMPTON



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Inga

VADIM GHIRDA/THE ASSOCIATED PRESS

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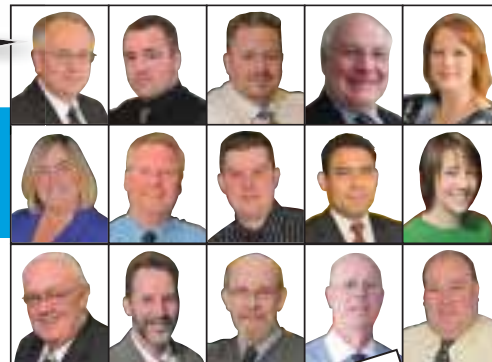
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